

I CLAIM:

1. A system for communicating exerciser-related messages comprising:
a database storing records of exercise activities for a plurality of exercisers;
a processing system generating messages relating to one or more of the exercisers based on the records of exercise activities; and
a communication network interface communicating the messages over a communication network.
2. The system according to claim 1, wherein the messages are generated based on when the exercisers performed exercise activities.
3. The system according to claim 1, wherein the messages are generated based on whether the exercisers have performed exercise activities for a certain period of time.
4. The system according to claim 1, wherein the messages are generated based on physiological data for the exercisers measured during exercise activities.
5. The system according to claim 1, wherein the messages comprise e-mail messages.
6. The system according to claim 1, wherein the messages are communicated over the communication network to the one or more exercisers.
7. The system according to claim 1, wherein the messages are communicated over the communication network to fitness consultants for the one or more exercisers.

8. The system according to claim 1, wherein the database stores e-mail addresses for the exercisers and the messages comprise e-mail messages communicated over the communication network to the one or more exercisers using the e-mail addresses.

9. The system according to claim 1, wherein the messages comprise requests for replies from the one or more exercisers regarding their exercise activities.

10. The system according to claim 9, wherein the processing system updates the records of exercise activities of replying exercisers based on their replies.

11. The system according to claim 1, wherein the processing system generates the messages automatically.

12. The system according to claim 1, wherein the processing system generates the messages automatically on a periodic basis.

13. The system according to claim 1, wherein the database comprises one or more portions that are remotely accessible to the exercisers.

14. A system for communicating exerciser-related messages comprising:
means for storing records of exercise activities for a plurality of exercisers;
means for generating messages relating to one or more of the exercisers based on the records of exercise activities; and
means for communicating the messages over a communication network.

15. A method for communicating exerciser-related messages comprising:

accessing records of exercise activities for a plurality of exercisers stored in a database;

generating messages relating to one or more of the exercisers based on the records of exercise activities; and

communicating the messages over a communication network.

16. The method according to claim 15, wherein the messages are generated based on when the exercisers performed exercise activities.

17. The method according to claim 15, wherein the messages are generated based on whether the exercisers have performed exercise activities for a certain period of time.

18. The method according to claim 15, wherein the messages are generated based on physiological data for the exercisers measured during exercise activities.

19. The method according to claim 15, wherein the messages comprise e-mail messages.

20. The method according to claim 15, wherein the messages are communicated over the communication network to the one or more exercisers.

21. The method according to claim 15, wherein the messages are communicated over the communication network to fitness consultants for the one or more exercisers.

22. The method according to claim 15, further comprising:
accessing e-mail addresses for the exercisers stored in the database,

wherein the messages comprise e-mail messages communicated over the communication network to the one or more exercisers using the e-mail addresses.

23. The method according to claim 15, wherein the messages comprise requests for replies from the one or more exercisers regarding their exercise activities.

24. The method according to claim 23, further comprising:
updating the records of exercise activities of replying exercisers based on their replies.

25. A storage medium storing instructions that are executable to perform the method of claim 24.

26. The method according to claim 15, wherein the generating of the messages is carried out automatically.

27. The method according to claim 15, wherein the generating of the messages is carried out automatically on a periodic basis.

28. The method according to claim 15, further comprising:
providing remote access to one or more portions of the database to the exercisers.

29. A storage medium storing instructions that are executable to perform the method of claim 15.

30. A computer program product for use in conjunction with a computer system, the computer program product comprising a computer-readable medium storing instructions that are executable by the computer system for:

accessing records of exercise activities for a plurality of exercisers stored in a database;
generating messages relating to one or more of the exercisers based on the records of exercise activities; and
communicating the messages over a communication network.

31. A system for communicating workout messages to exercisers comprising:
a database storing data regarding the exercisers;
a processing system generating workout messages for one or more of the exercisers based on the stored data; and
a communication network interface communicating the workout messages over a communication network to the one or more exercisers.

32. The system according to claim 31, wherein the communication network interface receives reply messages from the one or more exercisers regarding the workouts and the processing system updates the data in the database based on the received reply messages.

33. The system according to claim 31, wherein the workout messages comprise e-mail messages.

34. The system according to claim 31, wherein the database stores e-mail addresses for the exercisers and the workout messages comprise e-mail messages communicated over the communication network to the one or more exercisers using the e-mail addresses.

35. The system according to claim 31, wherein the workout messages comprise workouts for one or more particular days.

36. The system according to claim 31, wherein the database comprises one or more portions that are remotely accessible to the exercisers.

37. A system for communicating workout messages to exercisers comprising:
means for storing data regarding the exercisers;
means for generating workout messages for one or more of the exercisers; and
means for communicating the workout messages over a communication network to the one or more exercisers.

38. A method for communicating workout messages to exercisers comprising:
accessing data regarding the exercisers stored in a database;
generating workout messages for one or more of the exercisers based on the stored data; and
communicating the workout messages over a communication network to the one or more exercisers.

39. The method according to claim 38, further comprising:
receiving reply messages from the one or more exercisers regarding the workouts;
and
updating the data in the database based on the received reply messages.

40. The method according to claim 38, wherein the workout messages comprise e-mail messages.

41. The method according to claim 38, further comprising:
accessing e-mail addresses for the exercisers stored in the database,

wherein the workout messages comprise e-mail messages communicated over the communication network to the one or more exercisers using the e-mail addresses.

42. The method according to claim 38, wherein the workout messages comprise workouts for one or more particular days.

43. The method according to claim 38, further comprising:
providing remote access to one or more portions of the database to the exercisers.

44. A storage medium storing instructions that are executable to perform the method of claim 38.

45. A computer program product for use in conjunction with a computer system, the computer program product comprising a computer-readable medium storing instructions that are executable by the computer system for:

accessing data regarding the exercisers stored in a database;
generating workout messages for one or more of the exercisers based on the stored data; and
communicating the workout messages over a communication network to the one or more exercisers.